

# LUNCH & DINNER

AVAILABLE EVERYDAY

FROM 11 a.m.-8 p.m. MON & TUES: until 5 p.m.

## - Salads -

### FARMERS SALAD:

\$5.50 PETITE / \$10 REGULAR

organic greens, shaved cucumber, fennel, radish  
carrot & seasonal vegetables in a lemon vinaigrette

### CANDIED WALNUT, BLUE CHEESE & APPLE:

\$5.50 PETITE / \$9 REGULAR

with mixed greens & lemon vinaigrette

### STONEFRUIT, TOASTED PECAN & GOAT CHEESE:

\$6.50 PETITE / \$10 REGULAR

with mixed greens & lemon vinaigrette

### FREE-RANGE CHICKEN, AVOCADO, TOMATO, HOBBS BACON & BLUE CHEESE: \$13

with mixed greens & lemon vinaigrette

### AVOCADO, MARKET VEGETABLE & SHAVED FARMSTEAD CHEESE: \$11

with arugula & lemon vinaigrette

### HOUSE-MADE MOZZARELLA & ROASTED TOMATO: \$10

with arugula & McEvoy Ranch olive oil

### A PERFECT WEDGE OF CHEESE OR PÂTÉ: \$10

with mixed greens & toast

*add free-range rotisserie chicken to any salad +\$4*

## - Soup -

### SOMETHING MADE FROM SCRATCH EVERYDAY

## - Cold Sandwiches -

*these sandwiches are served on warm, toasted bread!*

### CHICKEN SALAD SANDWICH: \$10.50

roasted tomato on ciabatta

### CHICKEN & BRIE: \$11

braeburn apple on ciabatta

### COUNTRY PÂTÉ: \$14

little pickles, grainy mustard, red onion on baguette

### VEGGIE SANDWICH: \$9

tomato, avocado & wild arugula on whole wheat

### PROSCIUTTO LA QUERCIA: \$10

with sweet butter on baguette

### OPEN-FACED AVOCADO: \$7.50

McEvoy Ranch olive oil & sea salt on country toast

### PEANUT BUTTER & JAM - \$5

on soft pullman bread

## - Warm Sandwiches -

### MEATLOAF & HOUSE-MADE KETCHUP: \$12

shaved red onion on ciabatta

### OPEN-FACED ROASTED MUSHROOM MELT: \$9

truffle oil, cheddar cheese on country toast

### HAM, FONTINA & PEAR: \$12

honey mustard on country toast

### GRILLED GRAFTON CHEDDAR: \$8

on country toast add bacon +\$3.25 add fresh tomato +\$2

### SLOW-COOKED PORK: \$10

red onion-currant chutney on ciabatta

### THE BEST B.L.T.: \$11 ADD AVOCADO +\$2

Hobb's bacon, fresh tomato, arugula on pullman

### MOZZARELLA & PROSCIUTTO LA QUERCIA: \$10

with market vegetable on country toast

## - Comfort Classics -

*choice of side salad, seasonal market  
vegetable or smashed potatoes*

### QUINOA MAC 'N CHEESE: \$10

organic gluten free quinoa macaroni  
with beemster goat-gouda sauce

### BELLE'S MEATLOAF: \$14

grass-fed angus beef, simple herbs &  
spices with house-made ketchup glaze

### MARY'S FREE-RANGE CHICKEN: \$15

brined & slow roasted, choice or light or dark meat

## - Sides -

### SEASONAL MARKET VEGETABLE: \$6

simply dressed with sea salt,  
lemon vinaigrette & fresh herbs

### SMASHED POTATOES: \$6

yukon gold potatoes with sea salt,  
fresh herbs, lemon vinaigrette & crème fraîche

### ROASTED TOMATOES: 4 FOR \$2

### FRESH FARMERS' MARKET TOMATO: \$2

### ROASTED TRUFFLED MUSHROOMS: \$3

### AVOCADO: \$2

### WILTED SAVOY SPINACH: \$4

## - Snacks -

### BREAD & SWEET BUTTER WITH SEA SALT: \$3.50

### OPEN-FACED AVOCADO: \$7.50

McEvoy Ranch olive oil & sea salt on country toast

### LITTLE BOWL OF McEVOY RANCH MIXED OLIVES: \$5

### CROSTINI *choose 2 of 3:* \$7

country pâté, goat cheese-tomato or truffled mushroom

### VEGGIE PLATE: \$11

market vegetable, truffled mushrooms,  
roasted tomatoes & goat cheese crostini

### ONE SLICE MELTY CHEESE TOAST: \$5

## - Cheese & Charcuterie -

### CHEESE & CHARCUTERIE BOARD:

SMALL - \$13 / LARGE - \$22

*served with accouterment, house-made  
crackers and/or toasts*

*pick 3:* Prosciutto la Quercia      Blue Cheese  
Country Pâté                      Soft Cheese  
Salami                                Hard Cheese

### PÂTÉ BOARD: \$14

with little pickles, grainy mustard & toast

### A NICE PIECE OF BRIE fruit & baguette: \$10

### HOUSE-MADE MOZZARELLA: \$7

McEvoy Ranch olive oil, sea salt & toast

### BAKED GOAT CHEESE (LAURA CHENEL): \$9

roasted tomato-caper-olive sauce & baguette

## - Sweets -

*please ask about our fresh cookie, cake & tart  
selections baked fresh daily in house*

*we are proud to serve MARY'S air-chilled all-natural free  
range chicken & all-natural DURHAM RANCH Berkshire pork!*

*\*most sandwiches have our house-made aioli...  
please tell us if you'd like it left off.*

MON-FRI: 8 a.m.-noon  
SAT-SUN: 8 a.m.-1 p.m.

**ANSON MILLS HOT POLENTA:**

\$6 BOWL *add...*  
truffled mushrooms +\$3  
poached egg +\$2  
roasted tomatoes +\$1  
creamy goat cheese +\$2  
all of the above +\$5



**ANSON MILLS  
STONE-CUT OATMEAL:**

\$6 BOWL *add...*  
candied walnuts +\$2  
currants +\$1  
organic cream +\$1  
maple syrup +\$1  
brown sugar +\$.50  
cinnamon apples +\$2  
sprouted flax meal +\$2

**- Morning Sides -**

TOAST WITH BUTTER & LOCAL JAM: \$3  
ORGANIC POACHED EGG: \$2  
HOBB'S BACON, FRA' MANI SAUSAGE  
OR PROSCIUTTO LA QUERCIA: \$3.25  
ROASTED TOMATOES: 4 FOR \$2  
FRESH FARMERS' MARKET TOMATO: \$2  
ONE SLICE MELTY CHEESE TOAST: \$5  
BIG SLICE OF CINNAMON TOAST  
WITH SWEET BUTTER: \$3  
SEASONAL MARKET VEGETABLE: \$3  
ROASTED TRUFFLED MUSHROOMS: \$3  
AVOCADO: \$2  
WILTED SAVOY SPINACH: \$4



We always serve local ORGANIC  
glaum Ranch EGGS! Yummy!



**- Coffee & Tea -**

COFFEE/DECAF: 10 oz - \$1.75 / 16 oz - \$2  
CAFÉ AU LAIT: \$3.50  
ICED COFFEE/DECAF: 12 oz - \$2.50 / 16 oz - \$3  
ESPRESSO: SINGLE - \$2 / DOUBLE - \$3  
MACCHIATO: SINGLE - \$2.25 / DOUBLE - \$3.25  
AMERICANO: 10 oz - \$2 / 16 oz - \$3  
ICED AMERICANO: 12 oz - \$2 / 16 oz - \$3  
LATTE: 10 oz - \$3.25 / 16 oz - \$4.75  
ICED LATTE: 12 oz - \$3.25 / 16 oz - \$4.25  
CAPPUCCINO: 8 oz - \$2.75 / 10 oz - \$3 / 16 oz - \$4.50  
GUITTARD HOT CHOCOLATE:  
8 oz - \$2.50 / 10 oz - \$2.75 / 16 oz - \$3.50  
CHAI LATTE: 10 oz - \$3 / 16 oz - \$4.25  
ICED CHAI LATTE: 12 oz - \$3 / 16 oz - \$4.25  
STEAMER: \$2  
MIGHTY LEAF ICED TEA: DAILY FLAVOR 16 oz - \$2.50  
MIGHTY LEAF HOT TEA: ASSORTED FLAVORS - \$2.50  
HOT TEA LATTE: \$3.50

We use all ORGANIC locally roasted MR. ESPRESSO coffee & espresso beans  
& CLOVER ORGANIC milk & cream

**- Add ons -**

EXTRA ESPRESSO SHOT +\$1 DARK MOCHA +\$.75  
FRESH WHIPPED CREAM +\$1 WHITE MOCHA +\$.75  
HOUSE-MADE ALMOND MILK+\$1.25 CARAMEL +\$1  
SOY MILK +\$.75 VANILLA +\$.75  
SIDE STEAMED MILK +\$.25  
SIDE STEAMED SOY MILK +\$.50  
SIDE STEAMED HOUSE-MADE ALMOND MILK +\$1.25



check out our latest JUICES &  
SMOOTHIES at the drink bar



**- Drinks -**

ORIGINAL SUGAR CANE COKE: \$2  
DIET COKE: \$2.50  
ORGANIC ROOT BEER: \$2.50  
SIPP ORGANIC SODAS: \$2.50  
CASTLE ROCK WATER (STILL & SPARKLING):  
SMALL - \$2.50 / LARGE - \$4  
ORGANIC FRESH SQUEEZED O.J.: 8 oz - \$5 / 12 oz - \$8  
ORGANIC MILK: 8 oz - \$2 / 10 oz - \$3  
ORGANIC APPLE JUICE: \$1.75  
ORGANIC LEMONADE: \$2.75  
ORGANIC COCONUT WATER: \$4



don't miss out on our selection  
of BEER & WINE!



C A R M E L



**OPEN DAILY**

Doud Craft Studios  
on San Carlos between Ocean and 7th.

Eat in, or take out  
call (831) 624-1600 for take out.

Catering available.

*Carmel Belle proudly sources its ingredients from farmers and purveyors that practice sustainability, and provide honest, high-quality products that taste really good. Our meats are hormone-free, grass-fed/ free-range and humanely raised in California. Our produce is largely organic and purchased from local farmers' markets, farmers, and/or distributors that support small farms. So please join us, and eat good food knowing that we would never serve you anything we wouldn't serve to our own family.*

[www.carmelbelle.com](http://www.carmelbelle.com)

july 2016

**BREAKFAST**

**- Simple Breakfast -**

TWO SOFT POACHED EGGS: \$7  
with herbs & country toast  
add jam +\$.50  
add Hobbs bacon OR Prosciutto la Quercia  
OR Fra' Mani Sausage +\$3.25  
add market vegetable, truffled  
mushrooms & roasted tomato +\$4.25  
GREEN EGGS & HAM: \$10.75  
two poached eggs, Prosciutto la Quercia  
& arugula-herb purée on country toast  
WILTED SAVOY SPINACH: \$6  
with soft poached egg  
TRUFFLED EGG TOAST: \$9.50  
with melted fontina & market vegetable  
GRAFTON CHEDDAR MELT: \$9.25  
with pure maple syrup & Fra' Mani sausage  
ROASTED MUSHROOM MELT: \$11  
& two soft poached eggs with  
white truffle oil & chives on country toast  
OPEN-FACED AVOCADO: \$7.50  
McEvoy Ranch olive oil &  
sea salt on country toast  
CREAMY BRIE & BAGUETTE: \$10  
ORGANIC YOGURT: \$7  
granola, fruit & honey  
SEASONAL MARKET FRUIT: \$7 / \$4 HALF

**- Breakfast Sandwiches -**

POACHED EGG SANDWICH - \$10.25  
Grafton cheddar & Hobb's bacon  
on toasted ciabatta  
OPEN-FACED EGG, BACON & ARUGULA - \$11  
with avocado on pullman bread  
GRILLED GRAFTON CHEDDAR  
& BACON - \$11  
on country toast  
PROSCIUTTO LA QUERCIA - \$9.25  
with sweet butter on baguette  
OOEY-GOOEY GRILLED CHOCOLATE - \$5  
hazelnut spread on country toast